Emotional Sensitivity

Earlier this week I watched a video clip that has gone viral. In it we see a mother singing a sad song to her baby who, while not understanding the words, certainly understands the emotion in the mother’s voice, and weeps. I sent the link to my sister-in-law who emailed back within two minutes. She had started playing it when her two year old told her to ‘stop the email. It is too sad.’ We live in a sea of emotion and, too often, our children pick up on the feelings that are swirling around them without understanding their meanings. It is part of our responsibility of care and love towards them to help them navigate these seas.

Emotions are an integral part of our humanity and are a gift from God to us. Through them, we are connected to each other and to the world around us. In a very real sense, they can be a sign, and even an experience, of the Holy Spirit of God in our lives. But our emotions can also cripple us or be used to attack or negatively influence other people. The challenge is to discover how to use them well in our lives. This is one of the fundamental roles of prayer in our lives. In some forms of prayer, we sit with God and use how we feel as the connection between us. We tell God how sad or happy or confused we feel, then sit quietly and listen for God’s answer. This won’t come in words but rather as a clarification of how we feel and how we should react in the situation that is causing our emotions. As we learn to be more sensitive to and understand better our own emotions, we will learn the skills to help our children do the same.

Loving God, you have created me with a variety of emotions that often seem like baffling forces within me. Send me the wisdom of your Spirit that I might use my emotions to grow in love. I ask this in Jesus’ name, confident that you will hear me.

Sr Kym

ST MARY MACKILLOP QUOTE

“A little patience will in the end be rewarded”

(Mary MacKillop – 1871)
Dear Parent/caregiver,

MASS FOR ALL SAINTS DAY
Last Friday, we celebrated All Saints Day with a special Mass at Sacred Heart. The Mass was very well prepared by Mrs Doherty and Grade 3/4. Fr Greg celebrated the Mass for us. It was wonderful to see and hear our children participating so well throughout the Mass.

NEW SACRED HEART BROCHURE
This week, we launch our new Sacred Heart School brochure that advertises our school across the Huon Valley. The many benefits of coming to Sacred Heart are highlighted in this brochure. If you know a neighbour, friend or relative that may be interested in sending their child to Sacred Heart, why not give them a copy of our brochure and encourage them to contact our school office.

HUON NEWS & BUSH TELEGRAPH STORIES
Sacred Heart has feature pages in both of these local newspapers this week. A number of great photos and stories have been included!

SACRED HEART CATHOLIC SCHOOL IS 75 YEARS OLD
This year we celebrate the school’s 75th Anniversary from when Sacred Heart first started back in 1938. To mark this important milestone in our school’s history, we are having an Anniversary Mass & Luncheon. Please note this important date.

All members of our school Community are invited to our

75TH ANNIVERSARY MASS
on
Wednesday, 13 November
Commencing at 12pm
In the school hall
A luncheon will follow in the JLC after Mass

HUON & CHANNEL ATHLETIC CARNIVAL
Congratulations to all the children from Grades 3 – 6 who have made our representative athletic team. The carnival will take place at Huonville tomorrow. Best wishes to all the team.

GRADE 5/6 EXCURSION TO THE TSO
Last Thursday, Grade 5/6 went to a special concert performed by the Tasmanian Symphony Orchestra. This was a wonderful opportunity to see a full orchestra in operation. The children learnt a lot about different instruments and sections of the orchestra and also enjoyed the Halloween theme of the concert.
BUS INFORMATION FOR PARENTS
In the interests of supporting our students travelling safely on buses we advise parents of the following:

• If there are any changes to after school bus arrangements, parents must advise the school office or send a note via the student diary.
• Younger children (Kinder – Grade 4) should have a parent or guardian at the bus stop after school when the bus arrives, unless the bus stops very close to your house.
• Children going to Port Huon Sports Centre will be dropped very close to the Centre where they can walk safely to the entrance.
• Parents who collect their children in the car park opposite the Kermandie Hotel can continue to do so.

HUON SHOW – SATURDAY, 16 NOVEMBER
If you can donate one hour to assist on the Sacred Heart stall at the show, please complete the reply section on the flyer that was recently sent home or leave a message at our school office.

PARENTS & FRIENDS ASSOCIATION RAFFLE
This week, all families will receive a book of raffle ticket to sell. This is a fund-raising raffle that the P&F Association run each year. Tickets cost $2 each and there are 4 great hampers to be won!

ENROLMENTS
We are currently accepting applications for new students at our school. We have:

• Limited positions available for Kinder 2014.
• Some Prep – Grade 6 places, both for immediate start this year and also for 2014.

If you can assist with any of the above, please let Mr Brighella know via the school office.

Have a great week!

Luch Brighella
Principal

Raffle Books
Please return to the school office when sold

CHILD HEALTH & PARENTING SERVICES
This year is the last year the Child Health and Parenting Service (CHaPS) will offer Prep checks at schools. If your child is aged 3½ to 5 and has not had a Healthy Kids Check (including vision and hearing assessment) an appointment for this check is recommended, either with your local Child and Family Health Nurse or GP.

WANTED for Grade 5/6
Maccona Coffee Jars with lids
Any LARGE jars
Healthy Baker flour containers with lids
Cane baskets
Mitch asked the children a question:

**HOW HAVE I GROWN AS A PERSON THROUGH GR 5 and 6 AT SACRED HEART GEEVESTON 2013?**

- Since I started MJR I feel that I have improved as I am more of a Giver. I volunteer at home more and I have improved in self-discipline.
- This year I find that I try to show more respect with my parents, sister and teachers and I am happier for trying that. I also try to be a W.E.S.T. person.
- I am better when I don't get my own way, I don't sulk or carry on as much as I used to.
- I have had some tough things this year and I am stronger as I feel that I am handling my problems better.
- This year I am a lot more grateful for what my parents have given me as so many kids my age don't have what I do.
- This last year I am better at spotting God Moments and I try to reflect on my day more.
- I have realised that the world does not revolve around me. I try to say ‘please’ and ‘thank you’ more and I love MJR because it makes me feel better about myself and it helps me set goals.
- I am much better at seeing the spirit of Jesus in others and in people I don’t really like. I am more gracious to my parents as I recognise what they have done for me.
- Build a bridge and get over it is my best saying in MJR and I try to do it.

Pre Kinder commenced this week. It was great to see so many happy and excited faces ready to start on their formal schooling journey. We look forward to sharing the next six weeks of Pre Kinder getting to know everyone.
Some more great photos from our action packed day at the Athletics Carnival last week. The children participated in track and field and novelty events for house points, with Hartz being the eventual winner. A great day was had by the children and the many families that came along to support them.
Applications for enrolment are now being accepted.

For further information, please contact us on 03 6297 1313.
4690 Huon Highway
Geeveston TAS 7116
Tel: 03 6297 1313
Email: shg@catholic.tas.edu.au
www.shg.tas.edu.au

SACRED HEART Catholic School Geeveston

Our students are engaged in their learning.

Sacred Heart Catholic School, Geeveston
- Kindergarten to Grade 6 co-educational Catholic School in the tradition of the Sisters of St Joseph
- Highly qualified and caring teachers committed to the ethos of Catholic Education
- ICT fully integrated across all learning areas (one to one iPad Program for all Grade 5/6 students)
- Situated on 10 acres

Student leadership opportunities including school captains, Student Council and Aussie Sports Leaders
- Life Skills Program including cooking and school Veggie Garden
- Full three day Kindergarten Program
- FREE bus service to/from Lucaston, Mt River, Judbury, Geeveston and Dover
- Specialist staff in the areas of Music, Dance, Visual, Spanish, Learning Support, PE, Library & Outdoor Ed (camps Gr 2 - 6)

- Grade 6 class go to Melbourne (3 day trip)
- A proactive approach to promoting safe, positive and respectful behaviour
- Onsite school counselling
- A family environment where parents, teachers and the community work as a team to promote the spiritual, personal and academic growth of each child
- Leaders in Tasmanian Aboriginal education

Why not come in for a school tour...
The Southern Stars Boxing Club at Geeveston would like to wish their youngest member of our club, Ethan Lovell (Grade 4) all the very best this weekend. Ethan has been nominated to represent the Southern Stars at the Kingborough Sports Centre this Saturday 9th Nov. This boxing tournament is a Junior Championships event and Ethan has the opportunity to compete in the U 40kg / U13 yrs division.
Ethan has been training very hard, four days a week to improve his fitness and boxing skills.
The Southern Stars are very proud of Ethan’s commitment and dedication. Good luck Ethan!

The Huon Netball Association are holding selections for the 2014 season at the Huonville Netball Courts at the following times:
11/U - Sunday 10th and 24th November, 10.00am - 11:30am
13/U - Sunday 10th and 24th November, 10.00am - 11:30am
15/U - Sunday 10th and 24th November, 11:30am - 1:00pm
17/U - Sunday 10th and 24th November, 11:30am - 1:00pm
21/U - Sunday 10th and 24th November, 1:00pm - 2:30pm
Grade and Premier League
Sunday 10th and 24th November, 1:00pm - 2:30pm
For further information please visit www.huonnetball.com or email huonnetballassociation@hotmail.com

Sacred Heart Catholic School is a strong supporter of the Cambodian Children’s Trust. If you have items to donate, they can also be dropped off at our school office.

Luch Brighella - Principal

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